

# Cucumber

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2<sup>nd</sup> grade students learn about a variety of snacks and healthy living.

To learn more about cucumbers, watch Eating Healthy with Michelle – Lesson 18. The video can be found at <https://www.youtube.com/watch?v=IEExzOtGHNw&feature=youtu.be>.

For more facts and recipes check out:

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

North Carolina State Extension [https://homegrown.extension.ncsu.edu/wp-content/uploads/2019/07/Cucumber-Factsheet\\_Homegrown-NC-State-Extension.pdf](https://homegrown.extension.ncsu.edu/wp-content/uploads/2019/07/Cucumber-Factsheet_Homegrown-NC-State-Extension.pdf)

Happy snacking! – Michelle Schubert

## Facts

- Cucumbers grow in at least 30 states in the United States.
- Scientist classify cucumbers as a fruit but most people classify them as a vegetables because of how we cook and prepare them.
- Cucumbers are 96% water.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- Cucumbers are a great source of:
  - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
  - Fiber – helps our digestive system
  - Potassium – helps our blood pressure and balances the fluids in our body for hydration.



## How to Pick 'Em

- Choose cucumbers that are:
  - Firm
  - Smaller in size
  - Dark green in color
- Avoid cucumbers with soft or yellow spots.
- Cucumbers are available year round with the peak season from June to October.

## Try it at Home

- Cucumbers can be eaten plain or dipped in hummus, salsa, or a dressing like ranch.
- Add thinly sliced cucumbers to sandwiches and wraps.
- Add cucumbers to salads and pasta.

## Pasta Salad

### Ingredients:

- 4 cups pasta, cooked
- 1 cucumber, chopped
- 1 tomato, chopped
- 1/2 green pepper, chopped
- 1/2 red onion, chopped
- 1/3 cup reduced fat Italian salad dressing



### Directions:

1. Combine all Ingredients in a large bowl. Mix well.
2. Cover and refrigerate.
3. Toss before serving.

Tip: Start with about 2 cups uncooked pasta to make 4 cups of cooked pasta.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/pasta-salad/>



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